

Infant Meal Pattern • Child and Adult Care Food Program (CACFP)

	Birth through 3 months	4 months through 7 months⁵	8 months through 11 months⁵
Breakfast	4–6 fluid ounces (fl. oz.) breast milk ^{1, 2} or iron-fortified formula ^{3, 4}	4–8 fl. oz. breast milk ^{1, 2} or iron-fortified formula ^{3, 5} 0–3 tablespoons (Tbsp.) iron-fortified dry infant cereal (optional) ⁶	6–8 fl. oz. breast milk ^{1, 2} or iron-fortified formula ^{3, 7} 2–4 Tbsp. iron-fortified dry infant cereal ⁷ 1–4 Tbsp. fruit and/or vegetable ⁷
Lunch or Supper	4–6 fl. oz. breast milk ^{1, 2} or iron-fortified formula ^{3, 4}	4–8 fl. oz. breast milk ^{1, 2} or iron-fortified formula ^{3, 5} 0–3 Tbsp. iron-fortified dry infant cereal (optional) ⁶ 0–3 Tbsp. fruit and/or vegetable (optional) ⁶	6–8 fl. oz. breast milk ^{1, 2} or iron-fortified formula ^{3, 7} 2–4 Tbsp. iron-fortified dry infant cereal and/or 1–4 Tbsp. meat, fish, poultry, egg yolk or cooked dry beans or peas or ½–2 oz. cheese or ⅛–½ cup cottage cheese or 1–4 oz. cheese food or cheese spread ⁷ 1–4 Tbsp. fruit and/or vegetable ⁷
Snack	4–6 fl. oz. breast milk ^{1, 2} or iron-fortified formula ^{3, 4}	4–6 fl. oz. breast milk ^{1, 2} or iron-fortified formula ^{3, 4}	2–4 fl. oz. breast milk ^{1, 2} or iron-fortified formula ^{3, 5} or fruit juice ⁸ 0–½ slice bread or 0–2 crackers ⁹ (optional) ⁶

¹ Breast milk or formula or portions of both may be served. It is recommended that breast milk be served in place of formula from birth through 11 months.

² Breastfed infants who regularly consume less than the minimum amount of breast milk per feeding may be offered less, with additional breast milk offered if the infant is still hungry.

³ All infant formulas provided must meet CACFP requirements. See “Allowable Infant Formulas for the CACFP” in Section 3 of *Nutrition Policies and Guidance for the Child and Adult Care Food Program*.

⁴ Formula must be provided by either the center/day care home or parent. Reimbursement may be claimed for meals containing parent-provided formula as the only component if the meal is fed to the infant by the caregiver.

⁵ Formula must be provided by either the center/day care home or parent. Reimbursement may be claimed for meals containing parent-provided formula as the only component if (1) the infant is not yet developmentally ready for the optional meal component(s); and (2) the meal is fed to the infant by the caregiver.

⁶ A serving of this component is required only when the infant is developmentally ready to accept it. If optional foods are required, reimbursement may be claimed for meals containing parent-provided components when the center/day care home provides (pays for) at least one component; and a complete meal, i.e., all of the components that the infant is developmentally ready to accept, is supplied between parent-provided and facility-provided components

⁷ For 8 through 11 months, reimbursement may be claimed for meals containing parent-provided components when (1) the center/day care home provides (pays for) at least one component; and (2) a complete meal, i.e., all of the components that the infant is developmentally ready to accept, is supplied between parent-provided and facility-provided components.

⁸ Full-strength fruit juice must be served.

⁹ Made from whole-grain or enriched meal or flour.